



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM WITH CONFIDENCE

### BRIDGEWATER YMCA SWIM LESSONS

Swimming is a vital life skill. Understanding water safety and how to swim minimizes the risk of drowning while building self-reliance. The Y's skilled and patient swim instructors offer lessons for all ages and abilities. Bridgewater YMCA, a branch of Somerset County YMCA, is pleased to offer its swim lessons at special pricing for **Bridgewater and Raritan residents** who are not Bridgewater YMCA members, thanks to a partnership with the Bridgewater Recreation Department.

#### Program Registration

The Y's Fall 1 program sessions runs from Sunday, September 11 through Saturday, November 19.

Registration begins **Tuesday, September 6 at 10:00 AM** and will continue until the second week of the program session or until classes are filled. Space is limited, so registration is on a first-come, first-served basis. For class schedules and special pricing, please view the attached program schedule.

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road. Please bring one completed registration form per person, proof of residency (i.e. driver's license), and arrive 15 minutes prior to closure so that our member services staff may assist you.

Bridgewater YMCA summer hours of operation are as follows:

Mon-Fri	5:00 am – 10:00 pm
Sat	6:30 am – 7:00 pm
Sun	9:00 am – 6:00 pm

#### Parent Observation of Classes

Parents are encouraged to observe their child's class from the pool deck for the first and last days of the session, and are then invited to observe from the balcony. This will help your child focus on their instructor and not become distracted during their lesson.

#### Swim Evaluations

If you are unsure of your child's swim level, please call our Aquatics Director at 908 526 0688 x511 to schedule a complimentary swim evaluation, held M-Th at 5:30 pm.

#### Class Cancellations and Changes

Class changes may be made until the beginning of the second week of class, if space allows and at the discretion of the Aquatics Director. For additional details, please review our Policies online at <http://www.somersetcountyyymca.org/membership/policies-procedures>.

#### Contact Information

For more information on the Y's swim lessons, please call Bridgewater YMCA at 908 526 0688 or visit our website at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).

Bridgewater Recreation Department, located at 100 Commons Way, can be reached at 908 725 6373 or online at [www.bridgewaternj.gov](http://www.bridgewaternj.gov).

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## BRIDGEWATER YMCA

A branch of Somerset County YMCA

601 Garretson Road, Bridgewater, NJ 08807  
(P) 908 526 0688

[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)



Facebook.com/SomersetValleyYMCA



Twitter.com/somersetvalley

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).



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## BRIDGEWATER YMCA SWIM LESSONS

### Registration Form for Bridgewater and Raritan Residents

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road.

- Bring one completed registration form per person
- Bring proof of residency (i.e. driver's license)
- Arrive 15 minutes prior to closure so that our member services staff may assist you

Child's Full Name: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Male ☐ Female ☐

Parent's Full Name: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent's E-mail: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ Work Phone Number: \_\_\_\_\_

Swim Class Name: \_\_\_\_\_ Session: \_\_\_\_\_

Day(s) of Week: \_\_\_\_\_ Start Time: \_\_\_\_\_

- ☐ Accommodations: Please check this box if participant has individualized needs due to a disability. If checked, Y staff will contact you regarding reasonable accommodations.

With any physical activity, injuries may occur. Somerset County YMCA and Bridgewater Recreation Department do not provide individual medical insurance coverage for program participants. Each participant will be covered under his/her family's medical policy. It is recommended that participants have insurance before participation. Somerset County YMCA reserves the right to cancel, alter, supplement, limit registration or change any other information without prior notice when necessary.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Participant or Parent/Guardian if under 18 years of age

### Contact Information

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Bridgewater Recreation Department, located at 100 Commons Way, can be reached at 908 725 6373 or online at [www.bridgewaternj.gov](http://www.bridgewaternj.gov).

**Payment is due at time of registration. Please make checks payable to "Somerset County YMCA."**

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## Bridgewater YMCA Swim

Not sure what level your child is? Contact **Valerie Deraville** at **908 526 0688 x511** for a complimentary swim evaluation!

CLASS	AGE	DAY	TIME	DURATION	BRIDGEWATER AND RARITAN RESIDENTS
<b>Pike</b> Introductory swim lesson. No knowledge or experience required.	3-5	M T Sa	5:30pm 6:30pm 10:00am	30 min 30 min 30 min	\$163 \$163 \$163
<b>Pickereel</b> Intermediate beginner, should be able to swim unassisted while wearing a bubble. Swimmers should be able to maintain a horizontal position while kicking feet.	3-5	M T Sa	5:00pm 5:30pm 10:30am	30 min 30 min 30 min	\$163 \$163 \$163
<b>Eel</b> Intermediate beginner, should be able to swim 6 - 10 feet unassisted in horizontal position.	3-5	M T Sa	4:30pm 6:00pm 11:00am	30 min 30 min 30 min	\$163 \$163 \$163
<b>Electric Eel</b> Advanced Beginner, should be able to swim 50 feet unassisted in a horizontal position on front and back.	3-5	W Sa	4:30pm 10:00am	30 min 30 min	\$163 \$163
<b>Ray</b> Intermediate, the child must be able to swim 25 yards unassisted in a horizontal position on front and back while kicking feet.	3-5	T Sa	5:00pm 10:30am	30 min 30 min	\$163 \$163
<b>Starfish</b> Intermediate/Advanced, must be able to swim 20 - 25 yards of rudimentary freestyle with rotary breathing and backstroke.	3-5	Sa	11:00am	30 min	\$163
<b>Betta Fish</b> Advanced, must be able to swim 50 yards each of freestyle and backstroke with minor correction and should have basic knowledge of breaststroke.	5-7	Sa	11:30am	45 min	\$191
<b>Polliwog</b> Introductory swim lesson with no knowledge or experience required.	6-10	M Sa	4:30pm 10:00am	30 min 30 min	\$163 \$163
<b>Tadpole</b> Should be able to swim 50 feet unassisted in a horizontal position on front and back.	6-10	M W Sa	5:00pm 4:30pm 10:30am	30 min 30 min 30 min	\$163 \$163 \$163
<b>Guppy</b> Must be able to swim 20 - 25 yards of rudimentary freestyle with rotary breathing and backstroke.	6-10	M T W Sa	5:30pm 4:30pm 5:00pm 11:00am	30 min 30 min 30 min 30 min	\$163 \$163 \$163 \$163
<b>Minnow</b> Must be able to swim 50 yards each of freestyle and backstroke with minor correction and should have basic knowledge of breaststroke.	6-10	M T Sa	6:00pm 4:30pm 11:30am	45 min 45 min 45 min	\$191 \$191 \$191
<b>Fish</b> Must be able to swim 100 yards of backstroke and freestyle with rotary breathing both with little stroke correction. Swimmers should have intermediate knowledge of breaststroke.	6-10	M Sa	6:45pm 12:15pm	45 min 45 min	\$191 \$191
<b>Flying Fish</b> Must be able to swim 150 yards of backstroke, breaststroke and freestyle with rotary breathing all with little stroke correction.	6-10	Th Sa	4:30pm 1:00pm	45 min 45 min	\$191 \$191
<b>Shark</b> Must be able to swim all four competitive strokes and a 200 individual medley with minimal correction.	6-10	Sa	12:15pm	45 min	\$191
<b>Stroke Mechanics</b> Improve techniques in strokes and turns. Approval by prior instructor or aquatics director required.	6-10	Sa	1:00pm	60 min	\$160

## Bridgewater YMCA Swim

Not sure what level your child is? Contact **Valerie Deraville** at **908 526 0688 x511** for a complimentary swim evaluation!

CLASS	AGE	DAY	TIME	DURATION	BRIDGEWATER AND RARITAN RESIDENTS
<b>Adult/Teen Beginner</b> For the beginner swimmer who may not be able to float independently, finds blowing bubbles a challenge and is fearful in deep water.	14+	W Sa	6:00pm 11:30am	45 min 45 min	\$191 \$191
<b>Adult/Teen Intermediate</b> Swimmers will learn to develop skills to make freestyle a more restful and relaxing stroke. Drills to work on rotary breathing, flutter kick, elementary backstroke, and backstroke are incorporated.		W Sa	6:45pm 12:15pm	45 min 45 min	\$191 \$191
<b>Learn to Dive: Beginner</b> Participants learn the proper technique to dive from a springboard. No experience necessary. Divers must be able to swim 25 meters, tread water for 2 minutes and be comfortable entering the water head first. * Younger divers may be accommodated upon evaluation.	7+*	Su	9:15am	30 min	\$294
<b>Learn to Dive: Intermediate/Advanced</b> Moving beyond the basics, divers increase their springboard skills. All participants must have instructor's approval to register. Please contact the Welcome Center to schedule an evaluation.	7+	Su	9:45am	60 min	\$409
<b>Swim Team</b> The seven-time NJYMCA State Champion SVY swim team consists of over 350 swimmers who practice in the Bridgewater, Somerville, and Hillsborough branches. SVY is a Silver Medal program recognized by USA Swimming as one of the top-100 teams in the nation. Tryouts for the winter Short Course season are held in July and August.	6+				

## Lifeguarding Certification Course

Learn the skills and knowledge needed to perform water rescue, as well as First Aid and CPR. Participants will receive American Red Cross Lifeguarding, First Aid and CPR/AED for professional rescuer certificates. Participants must be 15 years old by the end of the course and pass the pre-test\*\* before taking the course. Please check [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org) for requirements.

\*\*Fee does not include pre-test. Total cost of course is \$325 for members and \$375 for non-members.

SEPTEMBER 2016		OCTOBER 2016		NOVEMBER 2016	
<b>PRETEST:</b>		<b>PRETEST:</b>		<b>PRETEST:</b>	
<b>Date:</b> Fri, Sept 9	<b>Time:</b> 4:00pm-5:00pm	<b>Date:</b> Fri, Oct 14	<b>Time:</b> 4:00pm-5:00pm	<b>Date:</b> Fri, Nov 11	<b>Time:</b> 4:00pm-5:00pm
<b>Member Cost:</b> \$25	<b>Non-Member Cost:</b> \$25	<b>Member Cost:</b> \$25	<b>Non-Member Cost:</b> \$25	<b>Member Cost:</b> \$25	<b>Non-Member Cost:</b> \$25
<b>Date:</b> Fri, Sept 9:	<b>Time:</b> 5:00-8:00pm	<b>Date:</b> Fri, Oct 14:	<b>Time:</b> 5:00-8:00pm	<b>Date:</b> Fri, Nov 11:	<b>Time:</b> 5:00-8:00pm
Sat, Sept 10:	12:00-6:00pm	Sat, Oct 15:	12:00-6:00pm	Sat, Nov 12:	12:00-6:00pm
Sun, Sept 11:	10:00am-6:00pm	Sun, Oct 16:	10:00am-6:00pm	Sun, Nov 13:	10:00am-6:00pm
<b>Member Cost:</b> \$300*	<b>Non-Member Cost:</b> \$350*	<b>Member Cost:</b> \$300*	<b>Non-Member Cost:</b> \$350*	<b>Member Cost:</b> \$300*	<b>Non-Member Cost:</b> \$350*

## Lifeguarding Review Course

Update your Lifeguarding/First Aid and CPR/AED certifications. Curriculum includes testing of in-water practical skills, on-land practical skills and two final written exams. No classroom work, reading materials, or rescue equipment included. Review materials before taking course (an online link will be provided once registration is completed).

SEPTEMBER 2016		OCTOBER 2016		NOVEMBER 2016	
<b>Date:</b> Sun, Sept 25	<b>Time:</b> 10:00am- 7:00pm	<b>Date:</b> Sun, Oct 9	<b>Time:</b> 10:00am- 7:00pm	<b>Date:</b> Sun, Nov 20	<b>Time:</b> 10:00am- 7:00pm
<b>Member Cost:</b> \$145	<b>Non-Member Cost:</b> \$195	<b>Member Cost:</b> \$145	<b>Non-Member Cost:</b> \$195	<b>Member Cost:</b> \$145	<b>Non-Member Cost:</b> \$195

For more information, contact **Valerie Deraville** at [vderaville@somersetcountyyymca.org](mailto:vderaville@somersetcountyyymca.org) or **908 526 0688 x511**.